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# Work/Life NAVIGATOR

Issue No.14



## How Badly Do You Want to Succeed in Life?

By Doug Firebaugh

### Work/Life

Question. How badly do you really want to succeed in life? Think about it... how badly? A little? A lot?

Another question - Are you willing to fight for it?

Are you willing to go the distance like you never have before, and bring out that fight in you that has been beaten down for so long?

Do you realize the only fight you have with Success is yourself? That's it. (CLUE!!)

Remember this - ALL Defeat comes from within.

Period. No exceptions.

The only person who can stop you from becoming successful is YOU.

YOU FIGHT YOU all day long with untruths about yourself that attract failure and mediocrity like a magnet on steroids.

The words you say. The thoughts you think.

The words others say and you believe - your past which you cling to - and the excuses you have embraced.

But yet you want more out of life.

You know what FIGHT stands for? *Forcing Inside Garbage to Honor Truth.*

The truth about you, the truth about what your Creator wants for your life. The truth about the greatness inside of you and the Fight that is starving to pummel mediocrity and failure to

smithereens - it's there, you know it is - it's just dormant.

Increase the size of the fight in you and face the truth about yourself. There is a Bigger YOU inside that can create a destiny and future that's staggering if you let it, and let the Fighting Spirit in you refuse to give up or be denied.

He did.

He came home, slammed the books down on the table, ran upstairs, slammed the door and broke down and cried. It was his 10th grade year. His mother came in, and said, "Son...what's wrong?" Through a 15 year old's broken heart, he said: "I got cut. I didn't make the team. Said I was too small"

With incredible wisdom, the mother said, "Son, it's not the size of the

person in the game. It's the size of the game in the person." She left. It clicked. In a huge way. Like nothing had ever before.

The next morning it started. He got up at 4:30 am and started practicing, every morning, every evening, every day, every week, every month. Relentless, non-stop. His Fight had Ignited. He would not be denied. Through the snow, rain, sleet, ice, wind, hail, He kept practicing - gave up movies and things that he did before. The Fight kept getting bigger. And bigger. And Bigger.

And he kept saying, "It's not the size of the player in the game, but the size of the game in the player." Over and Over and Over. And then it came a round again. The Season. He tried out with a focus so strong that it intimidated even the coach. His Fight was at Peak Force. And he made the team. The next year he made the team. And he went on to Explode the fight in him to where no one dared to stop him.

His name? Michael Jordan.

What's the size of your game?

*(Source: Doug Firebaugh, Chairman/CEO of PassionFire International)*

#### Food Tip

**Soaking Brown Rice Enriches Nutritional Value**

Soaking brown rice for a day before it is cooked may be an inexpensive and easy way to turbocharge the nutritional value of this staple food, Japanese scientists have found.

Soaking the rice stimulates the early stages of germination, when a tiny sprout, less than a millimeter tall, grows from the grain. "The birth of a sprout activates dormant enzymes in the brown rice all at

once to supply the best nutrition to the growing sprout," Dr. Hiroshi Kayahara, a professor of bioscience and biotechnology at Shinshu University in Nagano, said in a statement.

Kayahara presented his group's research at the 2000 International Chemical Congress of Pacific Basin Societies in Hawaii.

Sprouted rice contains more fiber, vitamins and minerals than non-germinated rice, Kasayara and his colleagues report. The germinated rice also contains triple the amount of lysine, an amino acid needed for the growth and repair of tissues, and 10 times more gamma-aminobutyric acid (GABA), which can benefit the kidneys.

Within the sprouts, the research team also identified a chemical that blocks the action of prolylendopeptidase. This enzyme regulates activity in the central nervous system.

The researchers soaked the brown rice in warm water for 22 hours to make it sprout. The sprouted rice is not only enriched, it is also easier to cook because the hard outer husk has been softened, Kayahara noted, and it tastes sweeter. White rice will not sprout when soaked, he added.

Rice has been cultivated in warm climates for tens of thousands of years. The people of China, Indonesia and India--2.5 billion in all, or more than half of the world's population--rely on rice as a staple food, according to the Asia Rice Foundation.

In the next 20 years, the foundation reports, the number of people depending on rice will grow by 1.2 billion.

*(Source: Reuters Health December 18, 2000)*

#### Humor

Notes to the Pensions Board (Social Security Administration):

\*\*\* I cannot get sick pay. I have six children. Can you tell me why this is?

\*\*\* This is my eighth child. What are you going to do about it?

\*\*\* Sir, I am glad to say that my husband, reported missing, is now dead.

\*\*\* Unless I get my husband's money, I shall be forced to lead an immortal life.

\*\*\* Please find out if my husband is dead, as the man I am now living with won't eat or do anything until he is sure.

\*\*\* In answer to your letter, I have given birth to a little boy weighing ten pounds. Is this satisfactory?

\*\*\* You have changed my little girl into a little boy. Will this make any difference?

\*\*\* I have no children as my husband is a bus driver and works all day and night.

\*\*\* In accordance with your instructions, I have given birth to twins in the enclosed envelope.

\*\*\* I want money as quick as you can send it. I have been in bed with my doctor all week and he does not seem to be doing me any good.

\*\*\* Re: your enquiry. The teeth in the top are all right, but the ones in my bottom are hurting horribly.

## Home and Work

### Listening to Hear

Communication professional and author Diane Booher believes that her very best tip on being a good listener is "Make up your mind to listen." The truth is we listen poorly because we have no intention of listening well. We're focused on what we want to get done or heard. We have no time for others to interrupt us.

To change this, consider the following three action steps:

#### 1. Clean your listening filter

Many of our listening filters prevent us from understanding and seizing opportunity. For example, managers may filter suggestions by certain employees. Customers may filter any ads from a company that has disappointed them in the past. The remedy is to continually clean your listening lens as messages flow to you so you don't miss the value.

#### 2. Listen for what is not said

Why did the person decide not to tell you a particular fact? Why did your co-worker not ask your advice about the problem? What's not said can be as revealing - and as important - as what appears in the headlines.

#### 3. Avoid taking mental recesses

Pretending to listen takes less energy and requires no responding. People you're listening to often will not be fooled. They may continue to carry the conversational ball, but afterward they will feel let down, if not resentful.

*(Source: Life at Work, Nov./Dec. 2000)*

## Health Tip

### The Healer Within

The traditional systems of medicine from the Asian cultures have always had some type of massage stimulation to the ears. When you work on your ears you will notice that within 4-5 minutes of vigorous massage your ears get hot. This is caused by the increase of blood flow to that area. The Chinese say, "When the blood is increased to an area the Energy (Qi) is increased to that area as well."

If you have someone else rub your ears you will notice that your ears are extremely sensuous. This is because the ears are heavily enervated. The combination of the presence of the nerves, the effect of the pressure and the heightened circulation causes stimulation to the reflexes of the Microsystems of the ear, notes Dr. Roger Jahnke in this column, "Self-Applied Massage of the Ears." Through this reflex Microsystems in all parts of the body can be influenced through pressure massage to the ear.

More on this topic can be found at <http://healthy.net/asp/templates/column.asp?PageType=Column&id=152>

## Interesting Facts

The citrus soda 7-UP was created in 1929; "7" was selected because the original containers were 7 ounces. "UP" indicated the direction of the bubbles.

Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they don't know you're there.

Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.

The liquid inside young coconuts can be used as substitute for blood plasma.

American car horns beep in the tone of F.

No piece of paper can be folded more than 7 times.

Donkeys kill more people annually than plane crashes.

You burn more calories sleeping than you do watching television.

Oak trees do not produce acorns until they are fifty years of age or older.

The first product to have a bar code was Wrigley's gum.

The king of hearts is the only king without a mustache.

A Boeing 747's wingspan is longer than the Wright brother's first flight.

American Airlines saved \$40,000 in 1987 by eliminating 1 olive from each salad served in first-class.

Venus is the only planet that rotates clockwise.

The first CD pressed in the US was Bruce Springsteen's "Born in the USA."

Apples, not caffeine, are more efficient at waking you up in the morning.

The 57 on the Heinz ketchup bottle represents the number of varieties of pickles the company once had.

The plastic things on the end of shoelaces are called aglets.

Most dust particles in your house are made from dead skin

The first owner of the Marlboro company died of lung cancer.

Barbie's full name is Barbara Millicent Roberts.

Michael Jordan makes more money from Nike annually than all of the Nike factory workers in Malaysia combined.

Adolf Hitler's mother seriously considered having an abortion but was talked out of it by her doctor.

Marilyn Monroe had six toes.

All US Presidents have worn glasses. Some just didn't like being seen wearing them in public.

Walt Disney was afraid of mice.

The sound of E.T. walking was made by someone squishing her hands in jelly. Debra Winger was the voice of E.T.

Pearls melt in vinegar.

It takes 3,000 cows to supply the NFL with enough leather for a year's supply of footballs.

The three most valuable brand names on earth: Marlboro, Coca Cola, and Budweiser, in that order.

It is possible to lead a cow upstairs...but not downstairs.

A duck's quack doesn't echo and no one knows why.

The reason firehouses have circular stairways is from the days when the engines were pulled by horses. The horses were stabled on the ground floor and figured out how to walk up straight staircases.

## Worth Knowing

### How Far to the Bathroom?

If you're a frequent flier, you'll likely appreciate the information you can glean from

<http://www.businesstravel.about.com/travel/businesstravel/msubseat.htm>

Just find your airline and type of plane and you'll see the seat layout along with the width and pitch of the seat. You might even find one you can fit into.

## Resources You Can Use



The following are available from the Work/Life Library:

***Who Moved My Cheese?*** by Spencer Johnson, MD  
This is a simple parable that reveals profound truths about change.

***Celebrity Chefs Across America. The Ingredients for Managing Diabetes*** by Anthony Dias Blue of Bon Appetit Magazine  
A unique cookbook providing healthy recipes that fit into any diabetes self-management plan without compromising taste or heritage.

### SERVICES AVAILABLE

Individual Coaching Sessions for removing belief barriers. Contact Evelin Saxinger on 358-1311, [esaxinge@hq.nasa.gov](mailto:esaxinge@hq.nasa.gov)

## Tech Tip

### Stripper

This refers to something to rid us of those little symbols such as ">" that appear in quoted email. After a few quotes they get out of hand. If you'd like an easy way to clean them up, the utility at <http://www.geocities.com/cj1alt/tools/unix-bracket-stripper.html> is Web-based (requiring no download), or you can opt to download a 4.7kb html file that will reside on your desktop. With a simple copy-and-paste, it cleans up all those stray marks for you.

## Web Picks

[www.TheNaturalPharmacist.com](http://www.TheNaturalPharmacist.com)

A complementary and alternative medicine Web site which provides information on health conditions, vitamins, minerals, herbs and supplements. The fall edition of Forbes.com magazine names The Natural Pharmacist as "Best of The Web" honoree for alternative medicine

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Work/Life Program Manager,  
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